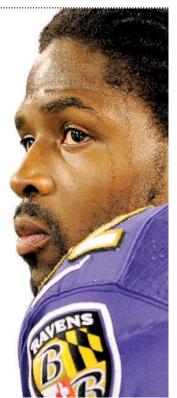
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Tuesday

JANUARY 29, 2013 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | FREE DAILY



AN EMOTIONAL RIDE

For Torrey Smith, the Super Bowl's high follows many lows 14

POLICY SHIFT?

Boy Scouts close to reversing course and allowing gays to join 3

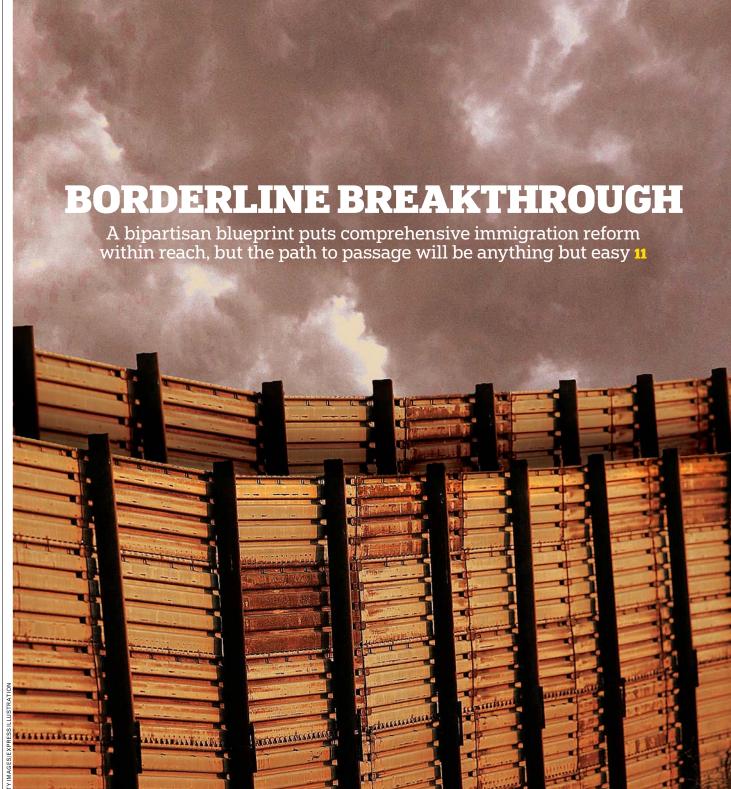
BRIGHTER THAN THE SUN

The band fun. looks to cap a banner year with Grammy gold 20











eye openers

GOVERNMENT

Rocks, Moss Form Union to Ask for Same Rights as Trees

Soon, trees in Brazil will be able to call for help if illegally logged. Mongabay.com reported Thursday that the Brazilian government is attaching Invisible Tracck—a small GPS device—to trees. Once the tree is cut and placed onto a truck within 20 miles of a cellular network, it will send a signal to the Brazilian Institute of Environment and Renewable Natural Resources, which will track the tree and arrest the criminals. (EXPRESS)

CONGRATS?

"I just sliced 38 fruit in Classic Mode on Fruit Ninja for iPhone!"

— A TWEET, SENT BY THE DALLAS POLICE DEPARTMENT ON SATURDAY. IT WAS QUICKLY DELETED AND FOLLOWED BY "OUR APOLOGIES. ... ONE OF OUR KIDS PLAYED THE GAME ON OUR IPHONE AND UNKNOWINGLY TWEETED THEIR SCORE."

REVIVALS

Newspaper Readership Rises, But Audience Not Too Choosy

There are just some things your iPad and iPhone can't do—including help house-train puppies. Because of the shortage of newspapers brought on by the digital age, the San Francisco Animal Care & Control was finding it hard to find newspapers for its cages. On Thursday, the San Francisco Public Library said it would donate all of its old newspapers to the animal shelter. (AP)



'HOLD ON, BRO!' Participants jump Sunday on their sled during the traditional Schnablerrennen sledge race in a valley near the Bavarian village Gaissach in southern Germany. More than 70 teams took part in the traditional event.



Nation

Boy Scouts Group Mulls Retreat on No-Gays Policy

Decision would give troops' sponsors the authority to decide

New York

The Boy Scouts of America may soon give sponsors of troops the authority to decide whether to accept gays as Scouts and leaders — a potentially dramatic retreat from an exclusionary nationwide policy that has provoked relentless protests.

Under the change now being discussed, the different religious and civic groups that sponsor Scout units would be able to decide for themselves how to address the issue — either maintaining an exclusion of gays, as is now required of all units, or opening up their membership.

Monday's announcement of the possible change comes after years



Meanwhile ...

Scout officials drew widespread criticism in recent months for ousting lesbian mom Jennifer Tyrrell, at left, as a den leader of her son's Cub Scout pack in Ohio. Tyrrell said she's thrilled about the possible change for parents and their children who've been excluded from scouting and "for those who are in Scouts and hiding who they are. For me it's not just about the Boy Scouts of America, it's about equality," she said. "This is a step toward equality in all aspects." (AP)

of protests over the no-gays policy — including petition campaigns that have prompted some corporations to suspend donations to the Boy Scouts.

Under the proposed change, said BSA spokesman Deron Smith, "the Boy Scouts would not, under any circumstances, dictate a position to units, members or parents."

The BSA, which celebrated its 100th anniversary in 2010, has long excluded both gays and atheists. Smith said a change in the policy toward atheists was not being considered.

Smith said the change could be announced as early as next week, after BSA's national board concludes a meeting Feb. 6.

"The Boy Scouts of America have heard from Scouts, corporations and millions of Americans that discriminating against gay Scouts and Scout leaders is wrong," said Herndon Graddick, GLAAD's president. "Scouting is a valuable institution, and this change will only strengthen its core principles of fairness and respect."

In Brief

NEW YORK

CDC: Ground Beef Sickens 16 in 5 States

Centers for Disease Control and Prevention officials said Monday that at least 16 people in five states have been sickened by salmonella food poisoning linked to ground beef. Last week, more than 1,000 pounds of ground beef from two Michigan businesses were recalled. (AP)

WASHINGTON

U.S. Fighter Jet Missing

The Pentagon says a U.S. Air Force F-16 fighter jet has gone missing over the Adriatic Sea, off the coast of Italy, during a training mission. A search was launched after the Air Force lost all contact with the plane Monday. (AP)

WASHINGTON

Secret Service Dog Dies

The Secret Service said Monday that one of its canines fell to its death at a New Orleans fundraiser where Vice President Joe Biden was speaking. Secret Service spokesman Ed Donovan said the dog was doing a security sweep of a parking garage Saturday when it fell. (AP)

Treasury OK'd 'Excessive' CEO Pay

Washington

A report Monday criticized the U.S. Treasury Department for approving excessive salaries and raises at firms that received taxpayer-funded bailouts during the financial crisis.

The Special Inspector General for the Troubled Asset Relief Program said Treasury approved all 18 requests it received last year to raise pay for executives at American International Group Inc., General Motors Corp. and Ally Financial Inc. Of those requests, 14 were for \$100,000 or more; the largest raise was \$1 million.

Treasury also allowed pay packages totaling \$5 million or more

\$248.7B

The total amount American International Group Inc., General Motors Corp. and Ally Financial Inc. received in the financial bailout in 2008. AIG repaid the \$182 billion it received; GM still owes \$21.5 billion on the \$49.5 billion it received; and Ally owes \$11.4 billion on \$17.2 billion in aid. (AP)

for nearly a quarter of the executives at those firms, the report says.

"We ... expect Treasury to look out for taxpayers who funded the bailout of these companies by holding the line on excessive pay," said Christy Romero, the special inspector general for TARP. "Treasury cannot look out for taxpayers' interests if it continues to rely to a great extent on the pay proposed by companies that have historically pushed back on pay limits."

Patricia Geoghegan, the Treasury official who approved the raises, disputed the findings of the report.

In a letter to Romero, Geoghegan said it's unfair to call the pay excessive. She said Treasury must strike a balance between limiting compensation and approving pay packages that are consistent with executives in similar jobs.

Hearsay

"He's not interested in endorsing somebody for president, and she's not, right now, interested in running, so the whole thing is kind of silly."

— STEVE KROFT, OF CBS' "60 MINUTES,"
SAYING MONDAY THAT HE FELT AN OBLIGATION TO ASK PRESIDENT BARACK OBAMA
AND SECRETARY OF STATE HILLARY RODHAM CLINTON ABOUT THE 2016 PRESIDENTIAL RACE DURING HIS INTERVIEW THAT
AIRED SUNDAY

\$50.5B Sandy Aid Bill Passes

Washington

Congress is sending a \$50.5 billion emergency relief measure for Superstorm Sandy victims to President Barack Obama for his signature.

The Senate on Monday cleared the bill, 62-36. Northeast lawmakers say the money is desperately needed to help recovery efforts from the one of the region's worst storms. The House passed the bill two weeks ago.

The measure is aimed primarily at helping residents and businesses as well as state and local governments rebuild from the Oct. 29 storm. It passed despite opposition from fiscal conservatives worried about adding to deficits. (AP)



J.C. Penney Backtracks: J.C. Penney is bringing back sales. The struggling department store chain this week is rolling out some of the hundreds of sales it ditched last year in hopes of luring back shoppers who were turned off when the discounts disappeared. The moves are a departure for the store on the eve of the one-year anniversary when it vowed to almost completely get rid of the sales that Americans covet but that cut into a store's profits. (AP)

Nation

Police Brought in to Gun Debate

Washington

President Barack Obama kept up pressure on Congress on Monday to pass tough new gun legislation, seeking help from law enforcement leaders in three communities that have suffered the horrors of mass shootings.

At a White House meeting, Obama said that no group is more important in the gun debate, and he said he recognizes the issue "elicits a lot of passion." But Obama also said he believes Congress will respond to appeals from police.

Obama met with the heads of the Major Cities Chiefs Association and the Major County Sheriffs Association, members of his Cabinet and chiefs who responded to the worst shootings of 2012: in Aurora, Colo., where 12 were killed in July; Oak Creek, Wis., where six died in a Sikh temple assault; and Newtown, Conn., scene of the most recent mass



 $President\,Barack\,Obama\,meets\,with\,law-enforcement\,leaders\,Monday\,to\,discuss\,gaining\,support\,from\,police\,and\,sheriff's\,offices\,on\,his\,gun-control\,legislation.$

shooting that left 27 dead.

"Hopefully if law enforcement officials who are dealing with this stuff every single day can come to some basic consensus in terms of steps that we need to take, Congress is going to be paying attention to them, and we'll be able to make progress," Obama said.

The president's meeting comes as he tries to build support for guncontrol legislation. He urged Congress to pass an assault weapons ban, limit high-capacity magazines and require universal background checks, NEDRA PICKLER (AP)

Double-Arm Transplant for Soldier

Baltimore

The first soldier to survive after losing all four limbs in the Iraq War has received a double-arm transplant.

Brendan Marrocco had the operation Dec. 18 at Johns Hopkins Hospital in Baltimore, his father said Monday. The 26-year-old Marrocco, who is from New York City, was injured by a road-side bomb in 2009.

The 13-hour operation was led by Dr. W.P. Andrew Lee, plastic surgery chief at Johns Hopkins, and is the seventh double-hand or double-arm transplant done in the United States. Marrocco's "was the most complicated one" so far, Lee said in an interview Monday. It will take more than a year to know how fully Marrocco will be able to use the new arms, Lee said.



Marrocco

Surgeons plan to discuss the transplant at a news conference with the patient Tuesday.

The Marroccos want to thank the donor's family

for "making a selfless decision ... making a difference in Brendan's life," said his father, Alex Marrocco. "He was really excited to get new arms." (AP)

\$15.85

The amount Sarah Palin was paid per word while at Fox News, according to a Smart Politics

review released Monday. The former Alaskan governor spoke more than 189,000 words over three years as an analyst for the network, the review said. Palin cut ties with the network last week.

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World

In Brief

ROME

Court: Missile Caused Deadly Jet Crash in 1980

Italy's top criminal court on Monday ruled there is "abundantly" clear evidence that a stray missile caused an Italian passenger jet to crash into the Mediterranean Sea in 1980, killing all 81 people aboard. The cause of the DC-9 crash had been an enduring mystery. (AP)

BEIRUT

Militants Threaten Syria In Civil War, France Says

Syrian opposition leaders pleaded Monday for aid from the international community as France warned that extremists could prevail in Syria if nations fail to honor their pledges of support. The warning from French Foreign Minister Laurent Fabius reflects growing concern over militants aiding the rebels who are fighting President Bashar Assad. (AP)

MONTERREY, MEXICO

10 Bodies Found in Well

Searchers pulled 10 bodies from a well in northern Mexico on Monday, near the site where 20 members of a Colombian-style music group and their crew disappeared late last week, according to a state forensic official. (AP)

Hearsav



"Responsibility for our country must now lie in the hands of a new generation."

— DUTCH QUEEN BEATRIX, 74, ON MONDAY ANNOUNCING THAT SHE WILL ABDICATE ON APRIL 30. HER ELDEST SON, CROWN PRINCE WILLEM-ALEXANDER, WILL BECOME THE NETHERLANDS' FIRST KING IN MORE THAN A CENTURY.

France: Militants Flee Timbuktu

Rebels burn ancient library as French, Malian forces arrive

Sevare, Mali

Backed by French helicopters and paratroopers, Malian soldiers entered the city of Timbuktu on Monday after al-Qaeda-linked militants who ruled the outpost by fear for nearly 10 months fled into the desert, setting fire to a library that held thousands of manuscripts dating to the Middle Ages.

French Col. Thierry Burkhard, chief military spokesman in Paris, said there had been no combat but that the French and Malian forces did not yet control the town.

Still, there was celebration among the thousands of Timbuktu residents who fled the city rather than live under strict Islamic rule and the dire poverty that worsened after the tourist industry was destroyed.

"In the heart of people from northern Mali, it's a relief — freedom finally," said Cheick Sormoye, a Timbuktu resident who fled to Bamako, the capital.

Timbuktu, a city of mud-walled buildings and 50,000 people, was for centuries a seat of Islamic learning and a major trading center along the North African caravan routes. In Europe, legend had it that it was a city of gold. Today, its name is synonymous to many with the ends of the earth.



It has been home to some 20,000 irreplaceable manuscripts, some dating to the 12th century. It was not immediately known how many were destroyed in the blaze

that was set in vengeance as the Islamists withdrew.

Michael Covitt, chairman of the Malian Manuscript Foundation, called the arson a "desecration to humanity."

The militants seized Timbuktu in April and imposed a strict Islamic law across northern Mali, carrying out public executions. Women could be whipped for going out in public without wearing veils, while men could be lashed for having cigarettes.

Just about two weeks after the French began their military intervention in Mali, French and Malian forces arrived in Timbuktu overnight, the French military spokesman said Monday. KRISTA LARSON AND LORI HINNANT (AP)

Death Toll in Egypt Rises To 56 as Unrest Persists

Cairo

Protesters and riot police clashed in Cairo and the riot-torn city of Port Said as Egypt's political violence stretched into a fifth day on Monday, despite efforts by the Islamist president to contain the crisis by imposing a state of emergency in three provinces.

At least 56 people have been killed in the wave of violence, which has led to the military deploying in Port Said and another city along the Suez Canal and threatened to shake the control of President Mohammed Morsi's government.

The main opposition coalition rejected Morsi's call for national dialogue to resolve the crisis, demanding that he first make concessions to break what opponents call the monopoly that Islamists have tried to impose on power.

Backstory

Egypt's wave of violence began

Thursday and accelerated the next day, which fell on the two-year anniversary of the start of the anti-Hosni Mubarak uprising. Protests Friday that turned to clashes around the country left 11 dead, most of them in Suez. The next day, riots exploded in Port Said after a court convicted and sentenced to death 21 people for a soccer riot a year ago. (AP)

Morsi and the Muslim Brotherhood have taken a tough approach. A curfew was to go into effect in three provinces Monday, though protesters are likely to challenge it.

In Port Said, thousands poured out into the streets Monday for the funeral of six people killed during clashes the day before. (AP)

Brazil Buries Nightclub Fire Victims



RELATIVES AND FRIENDS CARRY the coffins of two brothers—victims of a nightclub fire—in Santa Maria, Brazil, on Monday. Reports continue to emerge about neglect and errors at the packed club. Police said they detained three people in connection with the fire, which left 231 dead early Sunday.

\$1.3B

The prizes awarded Monday to each of the top proposals in an EU technology contest. The Human Brain Project will use supercomputers to create the most detailed model of the brain and simulate the effects of drugs and treatments. The other project will explore the thin carbon-based material graphene. (AP)

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DC Rider





Orange Line cars lost power between stops due to track problems

Cheverly, Md.

Forty-four passengers were stranded Sunday night for two hours on an Orange Line train bound for New Carrollton after the train lost power.

The incident started around 10:30 p.m., when trains running between Cheverly and New Carrollton "started experiencing issues" of losing power, said Dan Stessel, Metro spokesman.

A third train went through the area and lost power, and several sets

of "collector shoes" — which conduct electricity from the third rail to power the train — broke off after they hit an elevated piece of track along the third rail, Stessel said.

"That meant several cars didn't have power, and the train in turn didn't have power to move," Stessel said.

Track workers were sent out to inspect, he said, and found three cracks. The cause of the cracks is still under investigation but is likely related to weather, Stessel said.

The passengers on the train were moved into the lead rail car, which had power. But because the train was about 500 yards from Cheverly, headed to Landover, pas-

Free Ride?

Metro spokesman Dan Stessel said he "can't imagine that we charged" the passengers who were stuck when they got off the train. "If we did, I want to hear from them," he said. "It was a long delay for passengers, and we apologize for that." (TWP)

sengers were stuck on the train.

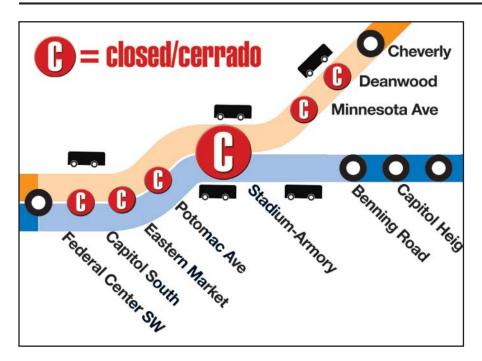
Around 11:30 p.m., Metro sent a "rescue" train that customers were able to board and get to New Carrollton and Landover. Stessel said it was after midnight when they arrived at the stations.





Tag @ExpressDCrider in your Instagram posts of the transit system, and if we ♥ your shot, email the original to us for print at dcrider@wpost.com.

TRACK WORK THIS WEEKEND



From Friday, February 1 at 10 p.m. to Sunday, February 3 at closing: Buses replace trains on the Orange Line between Federal Center SW and Cheverly and on the Blue Line between Federal Center SW and Benning Road while Metro performs work on station domes, and replaces rail joints, fasteners and insulators. For last train times or information about shuttle bus service, parking, alternate routes or track work on upcoming weekends, please visit MetroForward.com or call 202-637-7000.





BETWEEN

RD Farragut North - Judiciary Square

OR East Falls Church - West Falls Church

Weekend train schedules are adjusted for MetroForward rebuilding efforts.

Please allow extra travel time. For details, go to wmata.com/alerts.

D.C. Rebuffs Trumps' Tax Request

Break for Post Office site would be unfair, mayor's office says

Washington

D.C. officials say the Trump Organization, led by magnate Donald Trump and his daughter, Ivanka Trump, have inquired about whether the District would forgo property taxes at the Old Post Office Pavilion in order to facilitate redevelopment of the building into a luxury hotel.

D.C. Mayor Vincent Gray and members of the D.C. Council were not receptive to the idea of providing a tax break to one of the world's most famous wealthy people, someone who claims to be worth \$7 billion, despite their interest in adding high-end hospitality on Pennsylvania Avenue.

Gray spokesman Pedro Ribeiro said it would be unfair to offer a tax break to the Trumps when they were awarded the project through a competitive bidding process.

"It was never part of the bid proposal that the project would not be subject to the tax," he said.

The Trump Organization plans to lease the Old Post Office from the government and build a 261-room luxury hotel, spa and three restaurants, along with a parking garage and massive ballroom, in what is now a vacant and crumbling rear annex.

Federally owned property typically is not subject to local prop-



The Trump Organization plans to revamp the Old Post Office Pavilion into a hotel.

erty taxes. In recent years, however, District lawmakers — faced with a city filled with non-taxable federal properties — created a possessory interest tax establishing a tax on private entities operating within federal buildings.

The Trumps declined to comment on the tax-relief request through David Orowitz, vice president for acquisitions and development.

Orowitz said recently that his team had thoroughly examined the Old Post Office and hadn't discovered any surprises that might inflate the project's expected \$200 million renovation cost.

"I think the reality is we've been very happy with what we've found in the building," he said.

"With old buildings there is a lot of risk, but they've actually done a very good job caring for the building." JONATHAN O'CONNELL (CAPITAL BUSINESS)

ers, and draining his catheter bag.

case Monday without Leopold

taking the witness stand, tried

The defense, after resting its

in a subsequent

motions hear-

ing to convince

the judge that

the government

is defining mis-

conduct in vague

terms. Prosecu-



WEDNESDAY JAN 30

HARIKARAOKE BAND

LAURA TSAGGARIS EVERYMAN CO RELEASE SHOW

THURSDAY, FEB 7

FRIDAY, FEB 8 SISTER SPARROW

SUNDAY, FEB 10 VUSI MAHLASELA W/ TOSIN

THURSDAY, FEB 14 CODY CHESNUTT

FRFF LATE-NIGHT MUSIC IN THE LOFT **EVERY FRI & SAT**

FRIDAY, FEB 1

SATURDAY, FEB 2

THE TIME JUMPERS
FEATURING VINCE GILL, DAWN SEARS,
KENNY SEARS AND RANGER DOUG GREEN

& THE DIRTY BIRDS

FRIDAY, FEB 15 SOL DRIVEN TRAIN



Leopold Defense: Exec's Worst of Both Worlds at State Line Actions Not Misconduct

Annapolis, Md.

Attorneys for Anne Arundel County Executive John Leopold made one last attempt Monday to persuade Judge Dennis Sweeney to throw out the remaining four charges against Leopold as his misconduct trial draws to a close.

Leopold faces three counts of misconduct and one count of fraudulently misappropriating county funds, charges that carry a sentence of up to five years.

He is accused of misusing his security detail and other staffers for purposes such as ferrying him to parking lot trysts with a married county employee, working overtime to put up campaign post-

Leopold

tors have argued that while some allegations in the indictment may not be illegal, they were part of a "cumulative pattern" of criminal misconduct.

Closing arguments are expected to begin at 9 a.m. Tuesday. ANNYS SHIN (THE WASHINGTON POST)

The Lotteries

Monday, Jan. 28

Marvland

Mid-day Pick 3	9-2-4
Evening Pick 3 (Sun.)	8-0-4
Mid-day Pick 4	5-5-1-5
Evening Pick 4 (Sun.)	5-6-4-7
Match 5 (Sun.)	12-29-30-34-39 (11)

THE 16TH STREET CIRCLE, at the D.C.-Montgomery County, Md., line,

they fear it will only become more of a hazard, but its multijurisdictional setting

is a busy traffic spot prone to accidents, officials say. Critics of the circle say

has delayed the process of creating a viable solution. | postlocal.com

Mid-day Pick 3 3-7-3	Evening Pick 4 (Sun.)9-6-8-9
Evening Pick 3 (Sun.)9-5-3	Mid-day Cash 5 (Sun.)
Mid-day Pick 4	Evening Cash 5 (Sun.)

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.



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Cover Story



Monday: The Senate

The bipartisan Group of 8, including from left, Sens. John McCain, R-Ariz.; Charles Schumer, D-N.Y.; Marco Rubio, R-Fla.; Dick Durbin, D-Ill.; and Robert Menendez, D-N.J., rolled out the Senate's plan for immigration reform Monday. After Menendez and Rubio both made some of their remarks in Spanish, McCain drew laughs when he interiected. "En español: vamonos."

<mark>Fuesday:</mark> President Obama

President Barack Obama will travel to Nevada on Tuesday to detail his vision for reform. It is expected to overlap with the Senate effort.

Up New? The House

A bipartisan group of House members has been quietly meeting and is close to its own proposal for immigration reform, House Speaker John Boehner said last week. (AP/TWP)

Immigration Deal 'Within Reach'?

A bipartisan plan renews hope that lasting reform will take shape

Washington

Side by side, leading Democratic and Republican senators pledged Monday to propel far-reaching immigration legislation through the Senate by summer, providing a possible path to citizenship for an estimated 11 million people now in the U.S. illegally.

The senators acknowledged pitfalls that have doomed such efforts in the past, but they suggested that November's elections — with Hispanics voting heavily for President Barack Obama and other Democrats — could make this time different.

Passage of the emotionally charged legislation by the Democratic-controlled Senate is far from

Dissecting the Senate Plan

The Senate's five-page immigration-reform framework is a quick read, but its brevity also leaves quite a bit unsaid. Here are three things to watch:

1. The Paths to Citizenship Issue

The proposal "recognizes that the circumstances and the conduct of people without lawful status are not the same, and cannot be addressed identically."

Potential pitfalls: There's a lot you have to do to qualify for the path to citizenship in this bill. The framework makes clear that the law won't treat all undocumented immigrants identically. The obvious exception is children. The more unexpected exemption is agricultural workers, who the bill says will be treated differently due to "the utmost importance in our nation maintaining the safety of its food supply."

2. The Education Issue

The proposal "will award a green card to immigrants who have received a PhD or master's degree in science, technology, engineering or math" from a U.S. college. **Sound familiar?** Remember when Mitt Romney said, "If the [immigrant] student does so well that they get an advanced degree, I'd staple the green card to their diploma"? This law basically does that.

3. The Guest-Worker Issue

The proposal provides "businesses with the ability to hire lower-skilled workers in a timely manner when Americans are unavailable or unwilling to fill those jobs." **Potential pitfalls:** This refers to some kind of guest-worker program, though the details are sparse and the language is vague. It focuses on the hoops employers would have to jump through, and such programs are always controversial.

More Wonkblog analysis at washingtonpost.com: Wapo.st/112RJ1D

assured. But with Obama pledging his commitment, the lawmakers argued that six years after the last sustained congressional effort at an immigration overhaul came up short in the Senate, chances for approval this year are much better.

"We still have a long way to go, [but] this bipartisan blueprint is a major breakthrough," said Sen. Chuck Schumer, D-N.Y.

The framework, though short on detail, sets out plans for creating a path to citizenship for illegal immigrants already here — contingent upon securing the border and better tracking of people in the U.S. on visas — and overhauling the legal immigration system.

Besides the citizenship provision, the measure would increase border security, allow more temporary workers to stay and crack down on employers who would hire illegal immigrants.

But in a sign of the challenges ahead, the proposals immediately got a cool reaction from Senate Republican Leader Mitch McConnell of Kentucky: "This effort is too important to be written in a back room and sent to the floor with a take-it-or-leave it approach."

Pressures from outside groups from business to organized labor to immigrants themselves will be immense, even as lawmakers warily eye voters for their reaction.

A coalition of immigration advocates reacted enthusiastically to the bipartisan group's principles Monday.

"Now, we are at that moment where it is quite within reach for us to reach a consensus in this country that can do justice for millions of people," said Hector Figueroa, an organizer with the Service Employees International Union.

(AP/THE WASHINGTON POST)

"We cannot continue as a nation with 11 million people residing in the shadows."

— SEN. JOHN MCCAIN, R-ARIZ., ON MONDAY CALLING FOR COMPREHENSIVE, BIPARTISAN IMMIGRATION REFORM "No one should expect members of the Senate are just going to rubberstamp what a group has met and decided."

— **SEN. JEFF SESSIONS,** R-ALA., DISCUSSING THE IMMIGRATION PLAN MONDAY

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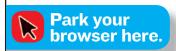
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Sports

From Tragedy to Triumph

Ravens WR Smith's roller-coaster season ends in Super Bowl

Super Bowl

After dealing with the tragedies of losing former Baltimore owner Art Modell and his younger brother Tevin Chris Jones within weeks of each other earlier this season, Torrey Smith now finds himself in the Super Bowl.

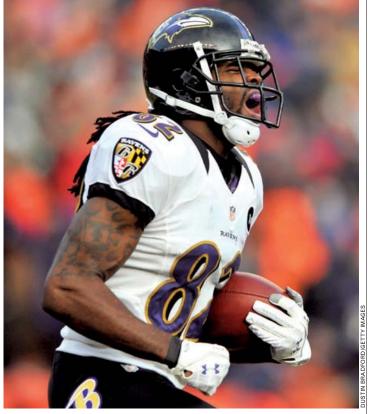
"It has been a lot of ups and downs, like a roller coaster," Smith said. "We made it to where we want to be."

Smith, who turned 24 on Saturday, was one of the first people to pay his respects, via Twitter, when Modell passed away in early September.

A few weeks later, the Ravens receiver played just hours after Jones was killed in a motorcycle crash in Westmoreland County, Virginia.

"Whether it is a tragedy or your last game ... football is an outlet," Smith said earlier this year. "It gets you away from everything else. We want to cherish the moment. Nothing is guaranteed. To be able to go out and play football is a blessing."

Smith has come a long way from Colonial Beach, a small town on the Northern Neck of Virginia. On the way to being the AFC champion's



Ravens receiver Torrey Smith had a team-high eight touchdown catches this year.

most dynamic receiver, Smith has proven to be a worthy role model off the field, too.

He went to Colonial Beach Elementary School before starring at Stafford High and the University of Maryland.

"He grew up playing in our

youth leagues," said Steve Swope, his physical education teacher in elementary school. "He played basketball, football and baseball, and he was a tremendous athlete in all three. He came out of a HUD [Housing and Urban Development] project where he lived. He was very

Go Big or Go Home

In his second season in the NFL, Torrey Smith has emerged as one of the best deep threats in the league. Here's where he ranked in yards per catch this season:

Player	Rec.	Avg.
1. V. Jackson (TB)	72	19.2
2. C. Shorts (JAC)	55	17.8
3. D. Alexander (SD)	37	17.8
4. T. Smith (BAL)	49	17.4
5. T.Y. Hilton (IND)	50	17.2

poor. I took him under [my] wing, and we grew very close."

Smith helped to raise some of his younger siblings, and that was one reason he turned down a chance to play at Virginia Tech. He chose Maryland because he wanted to stay closer to home, according to Swope.

Now Smith gets a chance to play in the Super Bowl as a secondyear pro when the Ravens play the 49ers on Sunday in New Orleans.

Smith had 49 catches for 855 yards and eight touchdowns in the regular season.

"He's one of those rare players where there is no agenda," Ravens coach John Harbaugh said of Smith. "He's not trying to fool you. He's not trying to impress you. He's just trying to be himself." DAVID DRIVER (FOR EXPRESS)

In Brief



Ray Lewis and the Ravens face the 49ers in the Super Bowl on Sunday.

SUPER BOWL

Ravens Land in Big Easy

The Baltimore Ravens on Monday arrived in New Orleans for the Super Bowl. As their charter plane came to a stop on the tarmac at Louis Armstrong International Airport, a purple Ravens flag was held up against the cockpit window by one of the pilots. Coach John Harbaugh was among the first off the plane, wearing a dark suit and striped tie. Most Ravens players wore suits and ties and walked matter-of-factly from the plane to a waiting bus without gesturing in any noticeable way. Ray Lewis looked professorial in a gray suit and glasses. (AP)

MLB

Jeter Tests Hurt Ankle

Derek Jeter worked out on a baseball field Monday for the first time since breaking his left ankle last October. The 38-year-old New York Yankees captain fielded 55 grounders on the grass in front of the infield dirt at shortstop at the team's minor league complex. He also hit in a batting cage. "Everything went well," Jeter said as he drove out of the complex. (AP)

Woods Stays Course to Win at Torrey Pines

PGA Tour

Tiger Woods was a winner again at Torrey Pines on Monday. The only question was how long it would take him to finish.

Woods stretched his lead to eight shots in the Farmers Insurance Open in San Diego before losing his focus and his patience during a painfully slow finish by the group ahead.

Despite dropping four shots over the last five holes, he still managed an even-par 72 for a four-shot victory on the course where he has won more than any other in his pro career.

He won the tournament for the seventh time, one behind the record held by Sam Snead, who won the Greater Greensboro Open eight times. It was the eighth time Woods won at Torrey Pines, which includes his playoff win in the 2008 U.S Open.

This one was never close. Woods built a six-shot lead with



Tiger Woods won for a record eighth time at Torrey Pines on Monday.

11 holes to play when the final round of the fog-delayed tournament was suspended Sunday by darkness. He returned Monday and looked stronger than ever until the tournament dragged to a conclusion.

"It got a little ugly toward the end," Woods said. "I started losing patience a little bit with the slow play. I lost my concentration a little bit."

It was his 75th career win, seven short of the Snead's all-time tour record. DOUG FERGUSON (AP)

TV Lineup

COLLEGE HOOPS (7 P.M., ESPN2)

Virginia is 4-2 in the ACC and could really become a contender with a win over No. 19 N.C. State.

NBA (10:30 P.M., NBATV) With two straight wins, the Lakers may be getting out of their rut. Kobe Bryant and Co. host the Hornets.

Sports

Building on Momentum

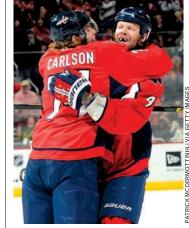
Caps head to Canada for two-game trip after first win of year

Capitals

Karl Alzner could sense it Friday.
The 0-3-0 Capitals entered play that evening one day removed from a 4-1 drubbing at the hands of the Montreal Canadiens at Verizon Center, but even after falling behind 2-0 to the New Jersey Devils, the 24-year-old defenseman felt his team's luck was starting to turn.

"I think we played a really solid game," Alzner said of Friday's game. "We were all, for the most part, happy about it. You get a lot of momentum when sticking with it and when a team scores against you and you keep things going. We've had a tough time with that over the last year and a bit, so it started right from the beginning."

Momentum always plays a role within the confines of a game and a season, but especially during a 48-game season that provides little to no margin for error. Washing-



The Capitals were the last team in the NHL to earn a win this season.

ton ultimately lost to New Jersey 3-2 in overtime, but coach Adam Oates was pleased with his players' overall effort and work ethic, which he had openly called into question Thursday. That positivity carried over into Sunday, when the Capitals had their first victory, a 3-2 win over the Buffalo Sabres.

"When you're playing every other day, that momentum is big," forward Troy Brouwer said. "You've got to keep it going in practice and



then carry it over into a game the next day. When you're on a high and you're feeling good and playing good, you just want to get out there and continue to play well. There's a lot of momentum changes in the course of the game, but trying to carry momentum from game to game is also important."

After capturing that elusive first win, the Capitals are set to embark on their first extended road trip of the season, stopping in Ottawa to face the Senators on Tuesday before heading to Toronto to play the Maple Leafs on Thursday.

"If you can play 2½ weeks of good hockey, that's 10 wins, 9-1 or whatever," Alzner said. "That's a huge swing for your record. Look at us, we played four bad games and we were 0-3-1 or whatever. It can change so fast, so getting on a swing early is ideal. Making sure we can string wins together is really important." ADAM VINGAN (FOR EXPRESS)

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Sports

Michigan Newest No. 1 in AP Poll After Duke's Loss

College Hoops

Michigan is No. 1 in the Associated Press' college basketball poll for the first time since its Fab Five days 20 years ago.

For the second-straight week the No. 1 team lost. This time it was Duke, which was routed 90-63 by Miami in the third-worst defeat by a top-ranked team.

Michigan received 51 first-place votes from the 65-member national media panel Monday. Kansas moved up one spot to No. 2 and had 13 first-place votes. They are the only one-loss teams in the poll. Indiana, Florida (which drew the other first-place vote), and Duke complete the top five.

The Wolverines were at the top for 10 weeks in 1964-65, eight weeks in 1976-77 and three weeks at the start of 1992-93, the Fab Five's second season together.

That season, Chris Webber, Juwan Howard, Jalen Rose, Jimmy King and Ray Jackson made it to the national championship game for the second-straight year.

Michigan is the second Big Ten team to be No. 1 this season. Indiana was the preseason No. 1 and stayed there for the first five weeks of the regular season.

Rounding out the top 10 are No.6 Syracuse, followed by Gonzaga, Arizona, Butler and Oregon. Miami rode its win over Duke to an 11-place jump, from 25th to 14th. Georgetown received the most votes among unranked teams. (AP)



D.C. United keeper Bill Hamid is on the U.S. roster for Tuesday's friendly vs. Canada.

One Last Chance To Leave a Mark

U.S. to face Canada before final round of World Cup qualifying

Soccer

The U.S. men's national team's January training camp culminates with a friendly against Canada on Tuesday at Houston's BBVA Compass Stadium (9 p.m., ESPN2). Technically, there is nothing on the line, but the match is a final tuneup before the final round of World Cup qualifying begins next week in Honduras, and manager Jurgen Klinsmann will be looking for reinforcements as he assembles his top roster with an eye on making it to Brazil in 2014. Here is what to watch for Tuesday:

Playing for Places

The January camp consists of players who, for the most part, are on the fringe of the national team setup. Last year, Geoff Cameron and University of Maryland product Graham Zusi used strong January showings to catapult themselves into regular status with Klinsmann. This year, all eyes are on another Maryland product, Los Angeles Galaxy center back Omar Gonzalez, who has

long been pegged as a candidate for the U.S. top squad.

D.C. United's Tie-In

D.C. United's footprint will be all over the match. Goalkeeper Bill Hamid, who has been in and out of the U.S. national team, is competing for a start with the Houston Dynamo's Tally Hall and the Chicago Fire's Sean Johnson. Canada, meanwhile, called in an inexperienced squad that got trounced by Denmark on Saturday 4-0 in Arizona, but two of the veterans are United lineup staples: captain Dwayne De Rosario and center back Dejan Jakovic.

Eyeing the Gold Cup

World Cup qualifying spots are not the only position U.S. players are aiming to lock down Tuesday, as 2013 provides a congested calendar of international fixtures. This summer, Klinsmann will likely turn to a second grouping of players for the CONCACAF Gold Cup, the region's biennial tournament. Even though there may not be places for everyone in Brazil, there will be ample opportunities at this summer's competition — for which Baltimore has been selected as one of the host cities — to suit up for the national team. AVI CREDITOR (FOR EXPRESS)

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Guinea Pig | Please Squeeze

Here's a Super Bowl spoiler: One of the ads will be for MiO Fit, a spin-off from Kraft's line of "portable liquid water enhancers." Instead of just flavor, however, these tiny squeeze bottles hold a concentrated formula that's packed with electrolytes and B vitamins. So you can turn any water into a Gatorade-like sports drink — but without calories. Of the two flavors (Berry Blast and Arctic Grape), which do we prefer for Sunday? Obviously the one that turned our drink purple.



With Zumba Sentao, students can rock chairs to strengthen their entire bodies

Take a Latin dance party and add a chair, and you've got the recipe for Zumba Sentao, the latest twist on the mega-popular aerobics workout.

You've also got a chance to add toning to the cardio workout, says Kearsha Saxon, a Zumba Jammer (aka master trainer), who gave a preview of the class at Crunch's Chevy Chase, D.C., location last week, enthusiastically bopping through choreography peppered with squats, lunges and leg lifts.

Sentao — a riff on the Spanish word "sentar," meaning "to sit" was developed recently by Zumba creator Beto Perez. The story, Saxon says, is that Perez was speaking at a conference and wanted his audience to dance with him. Their chairs were getting in the way, so he decided to make them props rather than obstacles, and when he realized how the inanimate objects assisted in muscle toning, Zumba Sentao was born.

Not many instructors are certified in the program yet, which is why you won't find the class permanently on the schedule at Crunch. But Joy of Motion's Tanya Nuchols just started offering Sentao at the Bethesda studio at 10:30 a.m. every Tuesday.

"It's an intense workout, but it's modifiable like Zumba," said Nuchols, who fielded questions before the first class. (Is it similar to exotic chair dancing? "No! It might be a little sexy — there's some booty popping. But it's clean, not stripper Zumba.")

The only way to really understand it is to do it, so Nuchols launched into action, warming up the students and getting them comfortable interacting with their chairs. The students moved in a box around their chairs to get used to where they'd be traveling with Nuchols' choreography.

"You have to be conscious of the chair the whole time," she said.

Then the pace picked up, and Nuchols showed off how versatile a single piece of furniture can be. Standing next to it, you can lift a foot and place it on the seat. Behind it, you can crescent kick over the back. Sitting in it, you



Instructor Tanya Nuchols works her obliques and arms, at top, and uses the chair for balance, above.

can sweep your knees out to the sides and back.

And holding on to it, you can feel the burn. Sitting, with their hands on the edges of their seats, students scooted forward until their butts were hanging in the air. From there, they were ready for dips.

That's also the starting position for one of Nuchols' favorite moves: an oblique twisting walk. Crossing one leg over the other, constantly alternating sides while support-

"It might be a little sexy ... But it's clean, not stripper Zumba."

— TANYA NUCHOLS, ON ZUMBA SENTAO

ing herself with her arms, targets the core and arms. But the move makes her feel like she's performing in a cabaret, notes Nuchols, whose favorite aspect of Sentao is that it allows her to sneak in muscle strengthening.

Same goes for 47-year-old Monica Vallada, who took Nuchols' class and said that push-ups and squats masked behind salsa and cumbia are exactly what she needs: "I do weights and hate every minute of it. But this goes by fast."

At Saxon's Crunch class, the calisthenics-heavy choreography got mixed reviews. Lydia Stevens, 66, said she'd be back for sure — she expects she'll see better results than with regular Zumba alone. But Mariela Yohe, 46, admitted she would rather just dance.

Maybe chairs aren't everyone's ideal dance partners. But no one can object to having them around — after this class, you deserve to take a seat. VICKY HALLETT (EXPRESS)

Shaking Things Up: Tanya Nuchols (Zumbawithtanya.com) got hooked on Zumba in 2006. The dance workout helped her shimmy off 60 pounds, and she's sure Zumba can do the same for other folks looking to lose weight — but it might take a few different approaches. That's why she's also certified in Zumba Gold (for seniors), Zumbatomic (for kids) and Zumba Toning (which uses maraca-like sticks) V.H.



Healthy adult volunteers needed



The National Institute of Mental Health is conducting outpatient research studies on fear and anxiety at the National Institutes of Health Clinical Center in Bethesda, Maryland.

Over a period of one to three visits of one to three hours each, participants will be interviewed and complete computer tasks during which heart rate will be recorded. Volunteers must be between 18-50 years of age, medically healthy, and not be taking medication. There is no cost for study-related tests. Compensation will be provided.

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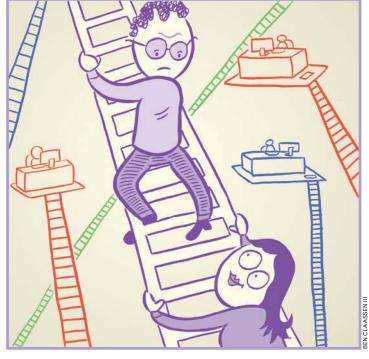
my field. Our two fields have always been related, but she seems to think that she should be able to get a job similar to mine, at my level. I want her to succeed. But I resent that she thinks she can do my job after such little experience. She thinks I'm being "possessive" of my field. We're fighting a lot about this because I think she should set her sights a bit lower. DOUBTFUL

I can understand your discomfort, but I can also understand her sensitivity. She might take your views as a judgment that she's not as intelligent or capable as you are, even if you don't mean it that way. And I wouldn't blame you if you felt that her overconfidence was a direct undercutting of your abilities.

The good news is you're not

in charge of the hiring decisions. Unless she's unemployed or in a job that's toxic to her mental health, she can afford to spend time getting rejected for jobs that are above her experience level. And if you're wise, you can take that time to practice forming your lips into a sentence that looks a lot more like "I'm sorry, babe" than "I told you so."

baggagecheck



Save the Date — But in Pencil

been engaged and broken up twice before. But we're determined to be in it for the long haul this time. My friends and family don't seem to respect us and our wedding plans. We want to do a destination wedding but I can't seem to get my sisters on board

My fiance and I have

They are. And can you blame them?

with bridesmaid duties, and his par-

ents haven't made travel plans

past. ANNOYED BRIDE

yet. I can't help but wonder if it's

because they're judging us for the

You've broken off your engagement twice before; that's more than enough reason for someone to balk at buying a nonrefundable plane ticket, for starters. You seem more worried about logistics (a destination wedding after such a rocky road? Really?) rather than the fact that your family and friends might have valid concerns.

Forget the hotel reservation blocks and get some counseling. Any time someone declares that they are overly determined to override past problems and they want everyone else just to trust them, when they give no evidence as to why that should be the case, it's a sign that something might be off.



Sendyour questions to Dr. Andrea Bonior at baggage@read express.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (Friendshipfix.com).

Event Horizon

Pre-Game Show Sunday is already blocked off for watching the Ravens crush the 49ers, right? So spend Saturday up off the couch at Mind the Mat's "Party on the Mat." From 4 to 8 p.m. at the Del Ray studio (2214 Mt. Vernon Ave., Alexandria), the free event will feature break dancing and hooping demos, food and juice samples, discounts on yoga and Pilates wear and a ton of raffle prizes up for grabs. Coming? RSVP at martina@mindthemat.com.

Enroll in Reformer School

A new Pilates studio offers free classes to demystify the moves and the equipment

Thom Sinclair, 42, knew that the bedlike contraptions inside Reformation Fitness were for Pilates. But that was about the extent of it.

"I've seen people doing it and thought, 'Boy, that looks easy,' but I'm sure it's not," said Sinclair, who's exactly the target audience for the new Shaw studio's community classes. The free sessions, offered at 2 p.m. every Saturday, are designed to introduce beginners to Pilates equipment as well as to owner Mike Huling.

Huling, formerly of Vida Fitness, opened his own space to focus on small-group classes. With room for up to five students at a time, Reformation allows him to keep prices affordable while delivering personal instruction and a social atmosphere. To fill that room, however, he needs to explain what he does to folks in the neighborhood.

So two weeks ago, Huling held his first community session, which gave Sinclair and other prospective students a crash course on Pilates.

"Joseph Pilates invented this for wounded vets. It was used for



 $Mike \ Huling's \ Reformation \ Fitness, which offers small-group \ Pilates \ equipment \ classes, can handle five \ students \ at a time.$

Details

The free community classes held at Reformation Fitness (1302 9th St. NW, Reformation -fitness.com) are at 2 p.m. every Saturday, alternating between Reformer and chair/mat. Call 202-813-3647 to reserve a space.

rehabilitation," Huling lectured, pointing out the Reformer's sliding carriage, straps that can be held by hands or feet, and springs that provide varying levels of resistance.

Huling then launched into an intro class, with plenty of breaks to demonstrate movements, answer questions and adjust equipment. (He asked, "How's the resistance?"

approximately a hundred times.)

Starting with footwork, Huling taught students how to push off the bar and feel the carriage glide back. Then he showed how to use the straps around the feet for frog kicks and leg circles — before segueing into single leg moves, trying to keep the side in the strap moving in sync with the strapless side.



Huling makes beginners comfortable by walking them through new moves.

"I feel some parts of my body that I didn't know I had," said Jim Kreger, 56, who had come in search of something to supplement his workout routine.

Kreger was soon experiencing a new way to boost his heart rate as Huling introduced him to jack rabbits.

"They're about as fun as they sound," joked Huling, who demonstrated by getting into a plank with his hands on the bar and feet on the carriage, and then tucking his knees in and pushing back.

Sinclair's take after a serious stretch? "It's definitely harder than it looks." VICKY HALLETT (EXPRESS)

Stone-Age Snacking

Party the Paleo way while eating through Sunday's big game

Cavemen probably invented the tackle. But the way cavemen once chowed down isn't usually on display at the Super Bowl — an event that's celebrated with chips, things on buns and extra cheese.

All of those are no-nos on the Paleo diet, a regimen that shuns grains and dairy in favor of lean protein and tons of vegetables. Designed to ape what hunter-gatherers once ate, Paleo has become all the rage in D.C.'s CrossFit community. So people supporting this nutrition plan have to get creative about cheering on their team Sunday.

"I'm a football nerd," says Robert Morton, co-owner of Power Supply (Dc.mypowersupply.com), a local Paleo delivery company that has served up 150,000 meals in the past two years. Game-day snacks aren't on the menu yet, but Morton sticks with the company's cooking philosophy for his pigskin parties.

Chicken wings (as long as they're not breaded) fit the bill, which is a relief for Morton, who cooks his up with garlic and cayenne.

Dips present more of a problem. Crudite platters are no fun without Thousand Island dressing. And guacamole's great, but it requires a vehicle to move from the bowl into your mouth. Morton's solution? Dunk carrots into the avocado.

Speaking of green stuff, Morton's got a popper idea: roasted broccoli. He put out a bowl of the cruciferous veggie for the Redskins-Cowboys game and every morsel was



devoured. Another favorite is kale chips, which offer vitamins and a satisfying crunch. (They also help balance out all the bacon at Paleo parties, Morton says.)

When deciding how to wash it all down, Morton knows better than to get swept up in those Budweiser commercials. Even if he

decided to bend the Paleo rules to have a cold one, his body is so unaccustomed to grains that he'd feel awful afterward. But Morton will need a brew in his hand Sunday, so he'll be down-

ing a gluten-free Estrella Damm beer. The cavemen would probably drink to that. VICKY HALLETT (EXPRESS)

lookout



Beef and Brawling

Chris Brown allegedly fought Frank Ocean in an L.A. parking lot 31

Sound Bets



Thrift Store Girl

A few weekends back, I saw flashy Georgia rapper 2 Chainz at the Fillmore in Silver Spring. Everyone looked cute for the sold-out show that night. 2 Chainz lays down one rule for his shows: No Fighting. Because, as he says, people are wearing too much



"new [expletive]." I, too, was wearing new shiz, a onesie I bought at a thrift store for \$6.

I drive a Honda, not a Lambo. My club gear comes from Value Village and

Beauty Island. I appreciate an aspirational hip-hop anthem about luxury as much as the next girl, but most of us are never gonna own any Gucci bevond a magazine perfume sample.

This is why, though he sounds kind of like the Bloodhound Gang, Seattle rapper Macklemore, above, has worked his way onto my playlist with "Thrift Shop," off 2012's "The Heist." The goofy jam about taking a \$20 shopping spree ("I wear your granddad's clothes/I look incredible") is currently fending off Rihanna's sparkly "Diamonds" at the top of Billboard's R&B/Hip-Hop chart.

Punks have always had grubby thrift-store pride. Anyone remember Screeching Weasel's "Thrift Store Girl"?: "She'll switch price tags for me." Now that's true love.

Talk with Shauna about music on Twitter: @shaunajmiller.

What's Fun

After his band set the music world on fire. in 2012, Nate Ruess catches his breath.

0&A

Fun. is learning to have fun — with less alcohol and more sleep. Lead singer Nate Ruess says the band's big year has taught him "that I need to take better care of myself."

"Really, that's been the big thing," Ruess says. Last year "really put us through the ringer ... and we didn't get a lot of sleep, so it was pretty rough. But ... I [recently] quit smoking and I cut back on drinking and I just made sleep a priority."

The trio, which includes guitarist Jack Antonoff and keyboardist Andrew Dost, has been on a wild ride since its hooky, pop-rock sophomore album, "Some Nights," was released last February.

They performed at an inaugural ball for President Barack Obama and had one of last year's biggest anthems with the sixtime platinum No. 1 hit "We Are Young." Next month, at the Grammy Awards, fun. will vie for six trophies, including best album, song and record of the year.

Fun. just took a month off from the road; did you work on any new music? I had just written [a song], and I wasn't sure what I was going to do with it. And ["Some Nights" producer Jeff Bhasker] was like, "That absolutely has to be on the next fun. album." ... We were with

some friends and he made me play it because he was so proud of the song.

How does it feel to be nominated in all the top Grammy categories?

It was just crazy. Someone from the Grammys right before they

announced the first award was

like, "Buckle your seatbelt."

How did you celebrate?

I'm not a celebratory kind of guy, but I will say that I started drinking champagne. It's my alcoholic beverage of choice, but perhaps then that makes every moment a celebration.

You're among the songwriters listed on Ke\$ha's hit single "Die Young." How did the collaboration happen?

I just wrote the hook and I wrote it for something else, and then a couple of producers got a hold of it and worked on the rest with her. ... Somewhere around the world there's me singing that chorus.

"I don't write songs that often.... When I do, I like to keep it for fun."

•••••

- NATE RUESS, LEAD SINGER OF FUN., ON WHETHER MORE COLLABORATIONS. LIKE THE HOOK HE WROTE FOR KE\$HA'S "DIE YOUNG," ARE ON THE HORIZON.

How's the tour going?

I write the set list every night before we go onstage. I like to change it as much as possible. I spent my month off figuring out what new songs we're going to play. We're going to be adding a cover, adding songs off of "Some Nights" that we never really played before and expanding the set list. I've been studying Coldplay and U2, and how those bands do their set lists and how they choose songs and their light shows. I got really heavy into all of that stuff. MESFIN FEKADU (AP)

• DAR Constitution Hall, 1776 D St. NW; Thu., 8 p.m., sold out; 202-628-4780, Dar.org/conthall. (Farragut West)



One More Time: Influential and reclusive French DJ duo Daft Punk appears ready to release its first nonsoundtrack album since 2005's "Human After All." The robot helmet-wearing duo — Thomas Bangalter and Guy-Manuel de Homem-Christo — has reportedly signed a new deal with Columbia Records; an album could be released this spring. Daft Punk's "Harder, Better, Faster, Stronger" was sampled by Kanye West on his hit "Stronger." (EXPRESS)

entertainment lookout

Her Risky, Risque Role

Amanda Seyfried had a hard time letting go of her Sundance film about Linda Lovelace

Personalities

It took a French revolution to pull Amanda Seyfried away from her role as '70s porn star Linda Lovelace.

Seyfried delved deep into her character in the biopic "Lovelace," which premiered last week at the Sundance Film Festival. The 27-year-old actress says she was able to shed the dark role only by playing Cosette in the Oscar-nominated "Les Miserables."

"I had a hard time letting go of Linda at the end of the movie," she says. "I had a really intense time with [co-star] Peter Sarsgaard. He played a man who consistently beat his wife. And I played a woman who was raped and abused, psychologically and physically. I was constantly taking my clothes off. I didn't have an issue with that. She had an issue with that. So it was a lot. And the only thing that helped was getting onto 'Les Mis.'"

"Lovelace" tells the story of the unlikely porn star and the abusive

"It is risky and people did not stop reminding me of that. But I also really wanted a challenge."

relationship she shared with her husband, Chuck Traynor.

Seyfried was grateful her musical part in "Les Mis" came just three weeks after "Lovelace" wrapped.

If not, she says, she might have "carried Linda for a long time, and it could have been unhealthy," even though she knew from the start the

role would be risky — and risque.

"It is risky and people did not stop reminding me of that," she says. "But I also really wanted a challenge. And this woman had a fascinating story. There are things that a lot of people don't know."

"Lovelace" was based in part on Lovelace's memoir, in which she recounted her entrance into pornography as the star of "Deep Throat," which brought porn to mainstream audiences.

Seyfried acknowledges that she's still frightened about how the film will be received when it reaches a wider audience.

"I'm really scared," she says. "I don't know what's going to happen after it comes out. But I would never take it back. I'm really happy that I was able to give her the voice that she never got to have." SANDY COHEN (AP)

An Even Louder Roar

Album Review

Two years after The Joy Formidable barreled to the fringe of the rock mainstream with the lush and brute "The Big Roar," the Welsh trio returns with a bigger and squalling encore, "Wolf's Law."

This is wonderfully noisy and hooky, shimmering with guitarpop accessibility. So what if standouts such as "Maw Maw Song" and the whirlwind "Bats" have the nag-



Wolf's Law The Joy Formidable

ging feeling of sounding familiar. In the voice and guitar-hammering hands of frontwoman Ritzy Bryan, surprises (usually loud ones) are around every corner.

In the opener "This Ladder is Ours," Bryan begins with an inviting "Let's take this walk/It's long overdue." She isn't kidding. "Wolf's Law" is the arrival of The Joy Formidable as a headliner. PAUL J. WEBER (AP)

9:30 Club, 815 V St. NW; April 21,
 7 p.m., \$25; 202-265-0930, 930.com.
 (U Street)



Flipping (Off) the Script: Julian Assange says he has obtained a leaked copy of the script for "The Fifth Estate," a DreamWorks film about the maverick computer expert and WikiLeaks founder. In a speech before the Oxford Union last week, Assange said his unauthorized sneak peek has left him convinced the film is a hit piece. "It is a mass propaganda attack against WikiLeaks, the organization [and] the character of my staff," he said. (AP)

Today's Top Stops

COMPILED BY FIONA ZUBLIN



The Beat Is Back
"Fela!," the musical chronicling the history of Afrobeat
(and its founder, Fela Kuti), returns to D.C. yet again — but this time starring Michelle Williams, of Destiny's Child, alongside Adesola Osakalumi, left, who plays Kuti. If you missed the well-reviewed show last time it toured here, catch it now. Shakespeare Theatre's Harman Hall, 610 F St.
NW; through Feb. 10, \$30-\$100; 202-547-1122, Shakespearetheatre.org.
(Gallery Place)

Smile Like You Mean It

Why are you smiling? Tonight, D.C.-area doctor Eric Finzi will speak about his book "The Face of Emotion" and upend the traditional argument that we smile because we're happy. He wonders if we're happy because we smile—and if making frowning physically impossible via Botox would improve our moods. Politics and Prose, 5015 Connecticut Ave. NW; Tue., 7 p.m., free; 202-364-1919, Politics-prose.com. (Van Ness)

Keen to Please

Before Robert Earl Keen gained his following as a singer-songwriter and guitarist, he

was neighbors with a then-unknown
Lyle Lovett. They wrote songs
on their porches and about
their porches, until Keen
moved to Austin, Texas,
where he began building a fan base for his folky
brand of country rock. Rams
Head On Stage, 33 West St.,
Annapolis; Tue., 8 p.m., \$47.50;
Ramsheadonstage.com.

lookout TV tonight

BEST BETS

PBS 8:00 Pioneers of Television "Superheroes" crosses many eras of caped crusaders — "Adventures of Superman" in the 1950s, "Batman" in the '60s and "Wonder Woman" in the '70s — and features in-depth interviews with Adam West, Burt Ward, Lynda Carter, right, Lou Ferrigno and more.



BRAVO 10:00 **The Millionaire Matchmaker** Patti tries to make a match for Irv Richards, father of Denise Richards, who is ready to start dating again after being widowed for five years. She also tries to help a 30-year-old retirement home magnate fend off the losers she tends to attract.

A&E 10:00



Southie Rules South Boston is slowly being transformed by yuppies. The working-class family at the heart of this series (led by Walter, left, and Camille, right) is determined to buck that trend. They live in a "triple-decker" home, operate a tattoo shop and cling to tradition. (TRIBUNE MEDIA)



'JIMMY KIMMEL LIVE'

The Last Laugh

ABC 10:00 Matt Damon got his revenge. The butt of a long-running joke on ABC's "Jimmy Kimmel Live," the actor

opened last Thursday's show as a kidnapper who tied Kimmel to a chair with duct tape and gagged him with his own tie. "There's a new host in town and his initials are M.D.," Damon said. "That's right, the doctor is in." For years, Kimmel has joked at the end of his show that he ran out of time and was unable to bring Damon on as a guest. Kimmel was the silent one Thursday, watching from the back of the stage as Damon did his job with a succession of big-name guests. (ABC will reair the episode tonight in prime time.) "I've been waiting for this moment for a long, long time," Damon said. "This is like when I lost my virginity, except this is going to last way longer than one second." DAVID BAUDER (AP)



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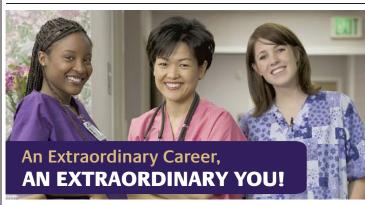
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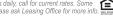
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	4		5		8		7	

6 1 4 5

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lookout online







"Hip-Hop groups owe a great debt to The Ohio Players, as their music helped form the instrumentals for a bevy of classics."

-D.L. CHANDLER AT HIPHOPWIRED .COM laments the loss of Leroy "Sugarfoot" Bonner, leader of the funk band The Ohio Players, who passed away at 69 over the

weekend.

"Pro tip: If you're not sure whether or not your Iran space monkey joke might be racist, it is probably racist."

—@MAX_FISHER offers some advice for anyone trying to poke fun at the Mideast nation after an announcement that a monkey Iran launched into space had returned safely to Earth. "Just a real solid effort from Allen Smith here. Really the only thing that's missing is Lionard Pajoy playing that bongo drum sitting idly in the background. Bonus points for pulling off the training top-pajama pants combo. Way harder than it looks."

- JOSH WHISENHUNT AT MLSSOCCER
.COM/BLOG/MLS-INSIDER gives
Smith, a D.C. United account executive, some credit for making a video of himself singing a song he wrote called "We Are D.C.
United."

Worst thing about #Vine is that it reinforces the bad habit of holding a smartphone vertically to take video."

—@ABTRAN isn't a fan of the new app that allows users to edit together 6-second video clips to share socially. "That the Rick Ross Rolls Royce (say that four times fast) shooting/ crash happened outside a place named the Floridian seems apt. If we've learned anything about what it means to be a Floridian, it's to expect the absurd on any given day."

-BENJAMIN PRESTON AT JALOPNIK
.COM reacts to a report that the rapper was shot at early Monday morning after leaving his birthday party in Fort Lauderdale, Fla. Neither Ross nor his passenger was injured.

WARNING: Alcohol Ruins Lives

DO YOU HAVE ALCOHOL AND ANXIETY PROBLEMS?

You may be eligible for a research study testing whether an investigational drug compared to a placebo can help reduce your cravings for alcohol.

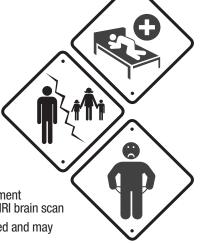
You may be eligible for the study if you:

- Are 21–65 years of age
- Use alcohol on a regular basis
- Often feel anxious
- · Have tried to stop drinking alcohol but can't

Participants will:

- Stay at the Clinical Center in Bethesda, Maryland, for about five weeks
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PISCES (Feb. 19-March 20) You may not be able to stop a competitor from gaining more ground. Now it's a matter of catching up as best you can.

ARIES (March 21-April 19) It's a good day to put your trust in your own experience. Your willingness to try something new can certainly increase your odds.

TAURUS (April 20-May 20) You should be able to maintain a lighthearted, positive attitude throughout the day, no matter what obstacles you encounter.

GEMINI (May 21-June 20) Getting things done today is simply a matter of priorities. If you don't know what is most important, you'll be in a muddle most of the day.

CANCER (June 21-July 22) You may be the victim of a kind of deception that is almost impossible to uncover until it is too late — but you should be able to recover.

LEO (July 23-Aug. 22) It's up to you to undo the damage done by someone who has not been paying attention. You'll step up just in time.

VIRGO (Aug. 23-Sept. 22) You'll be saying "almost" many times today; your ultimate success will be a matter of being in the right place at the right time.

LIBRA (Sept. 23-Oct. 22) You can make measurable gains today, one increment at a time. You needn't try to get it all done in one fell swoop.

SCORPIO (Oct. 23-Nov. 21) You'll have a great many options available to you today, but only one will compel you to pursue it with your full energy.

SAGITTARIUS (Nov. 22-Dec. 21)

You may have to make a key decision in a matter of seconds today — and it will affect those around you perhaps more than it does yourself.

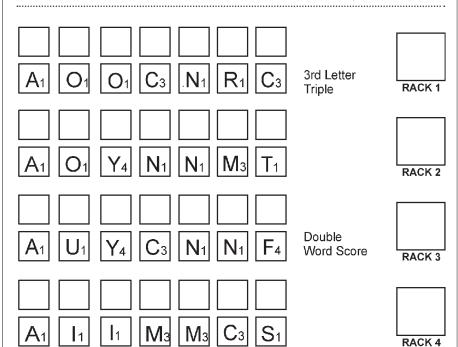
CAPRICORN (Dec. 22-Jan. 19)

The clock can be on your side today, but you mustn't try to manipulate it in any way that might be deemed unfair or deceptive.



Scrabble Grams

PAR SCORE 205-215, BEST SCORE 272



Yesterday's Solution

S_1 U_1 B_3 S_1 I_1 D_2 Y_4	RACK 1 =	<u>76</u>
M ₃ E ₁ M ₃ O ₁ R ₁ Y ₄	RACK 2 =	13_
O ₁ B ₃ L ₁ I ₁ G ₂ E ₁ E ₁	RACK 3 =	66
N ₁ O ₁ N ₁ F ₄ A ₁ C ₃ T ₁	RACK 4 =	62
PAR SCORE 150-160	TOTAL	217

FOUR RACK TOTAL

Make a 2-7-letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

	3	5	2 5		8	9		
	9		5	4				8
			9	1		2	5	3
2		6		5				
	5	4		6		3	1	
				9		3 6		5
3	6	8		5 6 9 2 3	4			
3 5				3	9		8	
		9	7		5	1	3	

Yesterday's Solution

8	7	5	4	6	9	1	2	3
2	1	3	8	7	5	6	4	9
9	6	4	3	1	2	8	7	5
1	5	9	7	8	3	4	6	2
3	8	2	9	4	6	5	1	7
7	4	6	2	5	1	9	3	8
5	3	1	6	9	7	2		4
6	2	8	5	3	4	7	9	1
4	9	7	1	2	8	3	5	6

Need more Sudoku?

Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Comics

POOCH CAFE | PAUL GILLIGAN









PEARLS BEFORE SWINE | STEPHAN PASTIS

DAD, ALL YOUR FRIENDS ARE STANDING OUT THERE FOR WHAT THEY THINK IS YOUR MEMORIAL DINNER. I THINK YOU SHOULD GO OUT THERE AND SAY SOMETHING TO THEM.





Forecast



57

Today: Morning fog; otherwise, mainly cloudy today. Mostly cloudy tonight.



67

)/ |41

Tomorrow: Strong storms tomorrow afternoon. Rain, a thunderstorm tomorrow night.

Looking Ahead







48 | 28 | 37 | 24 | 41 | 28

Sun and Moon

Sunrise today: 7:17 a.m. Sunset today: 5:26 p.m. Moonrise today: 8:18 p.m. Moonset today: 8:15 a.m. Almanac Normal high: 44 Record high: 73 Normal low: 29

Record low: -2

FORECAST BY ACCUWEATHER.COM © 2013

DO YOU DRINK A LOT OF ALCOHOL?

Do you also feel tense, worried, or distressed?

If so, you may be eligible to participate in a study. The goal of this project (NIH Study #13-AA-0040) is to study whether a medication (Baclofen) currently approved to treat muscle spasms affects alcohol drinking.

Eligible volunteers will be:

- In good health and drug free
- Between the ages of 21 and 65
- Willing to come for four outpatient visits and one overnight stay at the NIH CC in Bethesda, MD

Participants will receive a free medical evaluation and will be paid for doing the study..

> For more details. email cpnresearch@mail.nih.gov or call 301-451-6974

















George Mason University Men's Basketball

\$20 for 2 Tickets to GMU Home Game (\$40 Value!)

Help cheer on the green & gold as the George Mason Patriots host the Fightin' Blue Hens of Delaware on Saturday, February 9 at 2:00pm.

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lookout puzzles

14

23

29

33

39

44

58

61

68

Crossword

CONSEQUENCES

66

16

19

22

13 12

ACROSS

- 1 Lift the spirits of
- 6 Socrates' star pupil
- 11 Combative card game
- 14 Lawmaker of old Athens
- 15 Printed again, as a story 16 Solid-yellow billiard ball
- 17 Common New Year's resolution
- 19 "Nay" and "nah"
- 20 "Ginger" follower
- 21 "Star Wars" prologue word
- 22 Poetic homage
- 23 It steadies the ship
- 27 Fashionable
- 29 Toil and trouble
- 30 They might be renewed or exchanged
- 32 Kind of decision
- 33 Picks out of a lineup, briefly
- 34 Portray onstage
- 36 Mashed potato servings
- 39 Construction sites
- 41 Marching hand drum
- 43 Old Banca d'Italia unit
- 44 Nosy Parker
- 46 Flash, as of light
- 48 Nonexistent
- 49 A fictional Charles 51 Woman in cheap detective
- novels 52 Great leveler
- 53 Dwellers by the English Channel
- 56 Boxing champ Jack
- 58 Sighs of relief
- 59 Notorious insecticide
- 60 Mad character
- 61 Stranded motorist's need
- 62 Made a stand
- 68 First lady McKinley
- 69 Shiver-producing 70 Chopper topper
- 71 Anthem author
- 72 Chain of mountains
- 73 Make lumber aslumber

1 Abbr. on an attorney's

nameplate

- 2 Yankee legend Gehrig
- 3 Subject of a museum in Louisville
- 4 Register figure
- 5 Make a bond servant of
- 6 forma
- 7 Albanian monetary unit
- 8 Soprano pieces 9 Does a Latin-American
- dance
- 10 Already started
- 11 Was victorious, but not
- hy knockout
- 12 Positively charged
- electrode 13 View anew
- 18 Quark/antiquark pairs
- 23 Flees the scene

24 Something attached 25 Left the straight and

55

15

30

34

45

59

62

69

72

21

27

56

63 64 32

42

60

36

47

70

73

31

- narrow path
- 26 Nasal accent
- 28 Chutzpah
- 31 Hurt with hot water
- 35 Group of three
- 37 Pickler's solution
- 38 Like many har snacks
- 40 Lampblack
- 42 Intertwine
- 45 Cowboy, at times
- 47 They may flare
- 50 Doria who went down in history?
- 53 A dyeing art?
- 54 Island that's no island
- 55 Back in the navy?
- 57 Traffic cone

- 63 Barrister's accessory
- 64 Golfer's smallest wood
- 65 "How was ___ know?"
- 66 'easter
- 67 It may come before "long"

Yesterday's Solution



TODAY IN HISTORY

Edgar Allan Poe's poem "The Raven" is first published in the New York Evening Mirror.

The first inductees of base-ball's Hall of Fame, including Ty Cobb and Babe Ruth, are named in Cooperstown, N.Y.

A bomb rocks an abortion clinic in Birmingham, Ala., killing a security guard. The attacker was

arrested in 2003 and received a life sentence.

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people lookout

KINDERGARTEN

We Hope She Got **Her Cootie Shot**

Barbara Walters has the chickenpox and remains hospitalized more than a week after falling and hitting her head at a preinaugural party in Washington on Jan. 19. Whoopi Goldberg said Monday that Walters hopes to go home soon: "She's been told to rest. She's not allowed any visitors. And we're telling you, Barbara, no scratching!" (AP)



MEDIEVAL

Up With the Drawbridge! **Huns Want Our Solar Cells!**

Tom Brady and wife Gisele Bundchen's new Los Angeles home has a moat, according to People.com. (Sort of — the water-filled ditch does not go all the way around the house.) And the 22,000-square-foot mansion sports many solar panels: "We are excited to be using solar power as the main source of electricity in our home," Bundchen said. (EXPRESS)



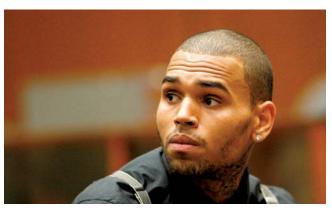
Clearly, moats are the new infinity pool.

Victims



Kris Humphries' Family Is Normal

Kris Humphries' family members wish he would stop dragging out his divorce from Kim Kardashian, Radaronline.com reported, "Kris' family finds the entire matter really annoying because they're tired of the negative attention and don't want to be tied to Kim at all anymore," said a source. (EXPRESS)





CELEBRITY CONFLICT Chris Brown is under investiga-**A Fight,** Hollywood, Calif., parking lot, the L.A. County Sheriff's Department said. Deputies responding to a report Sunday night found the scene clear but were told by witnesses that there had been a brief fight over a parking space. According to TMZ.com, the fight involved Frank Ocean, who tweeted that he "got jumped by [Brown] and a couple guys" and got a finger cut. (AP)



HAVING IT ALL Of Course, the Book Deal's Off If She Gets a Boyfriend

Bethenny Frankel is writing a book about her life as a single mother, Radaronline.com reported. She recently initiated divorce proceedings against Jason Hoppy. "The book will explore the struggles and compromises all single moms face. It will deal with the delicate balancing act that is being a single mom," an unnamed source explained. (EXPRESS)

"My father told me that if I ever did anything artistic, I was going to look



SOFIA VERGARA. AT THE SCREEN ACTORS GUILD AWARDS, SAYS HER ACCL AIMED FIGURE WAS A SOURCE OF DIS-TRESS GROWING UP IN A CATHOLIC HOME

Not a **Feud**

tion for an alleged assault in a West



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